Give Voice To caregivers

Family



INTRODUCTION:

Aging and associated chronic diseases, as well as the limitations that this can bring to the individual, associated with the cognitive and functional losses of the advancing age, have been fomenting the need for home care and changes in the daily life of many families (Pedreira & Oliveira, 2012). Family relationships change when a family member presents a health problem, especially when a family member assumes the role of caregiver (Fernandes & Ângelo, 2016). It is widely recognized that the role of caregiver creates physical and emotional pressure on family members during adversity (Coyne et al., 2017).

This study aimed to describe the implementation of a playful strategy as instrument for family assessment. The game was used with the purpose of exploring the dynamics of family functioning, enabling its execution in a shorter time.

Keywords: Caregivers, Familiy, Care, Nurse.



METHODOLOGY:

C'est une étude exploratoire-descriptive avec une approche qualitative du type d'étude de cas. Le jeu développé est un jeu de plateau intitulé "Donner une voix aux soignants". Le prototype du jeu a été appliqué à une famille avec un aidant familial, composé de huit éléments dont la durée était d'une heure. Le cours du jeu retrace les étapes du processus de devenir un aidant familial. Le but du jeu est de passer du point de départ à l'arrivée. Le soignant est le joueur principal et lance le dé, déplace le marqueur tant d'espaces lorsqu'il est indiqué dans le dé. Selon la couleur de la maison, violet, vert et bleu, recueillir une carte de la couleur respective avec des questions qui seront adressées à l'aidant ou la famille ou le professionnel de la santé. Le jeu a été enregistré, retranscrit et analysé les données obtenues. Tout au long du cours, les principes éthiques associés à la recherche ont été sauvegardés, à savoir obtenir le consentement libre et éclairé des participants.

RESULTS:

The game as an evaluation instrument allowed, through the playful, to collect information about the family. The game was played for an hour. From the analysis of the implementation of the game, family information in the following categories was obtained: instrumental functioning, alliances, emotional communication, verbal communication, nonverbal communication, circular communication, problem solving, roles, influence and power, beliefs, expressive functioning, satisfaction and cohesion. From the evaluation of the game by the family, advantages essentially related to the communication in the familiar system were evidenced, this because through the game "*The family will approach themes throughout the game that they may have never approached before, and they will realize what each one thinks* (E2). "



Figure 1: Game

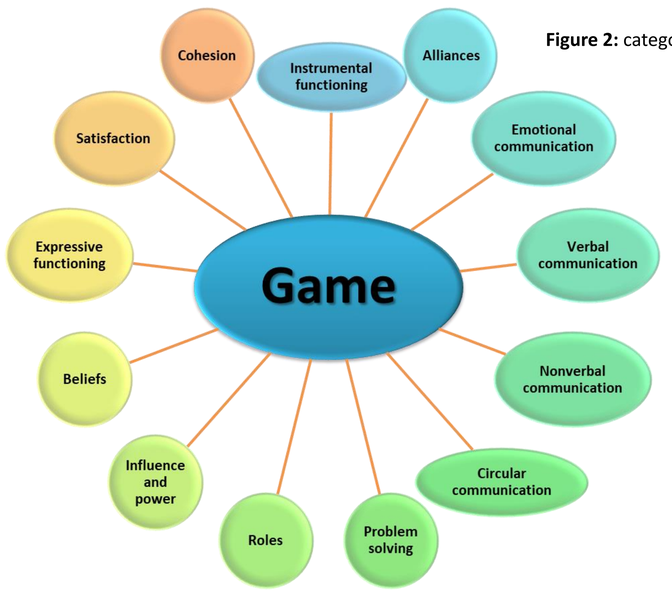


Figure 2: categories

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DISCUSSION:

This project described the implementation of a game as a family assessment instrument, with communication being the central theme of this experiment. The game cards integrating circular questions, allowed a greater depth of data obtained, namely relationships, or connections between individuals, events, ideas or beliefs, that aim to facilitate change (Wright & Leahey, 2009). We can design serious games so that players are automatically asked to reflect on their performance during the game (Wouters et al., 2013). Existing family assessment instruments, in addition to being very structured and too closed, hamper the climate of closeness and openness necessary to understand a family and understand the needs of family caregivers. And why a Game? Because it allows you to talk about serious things…Playing!

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